ABSTRACT

A ski binding for cross-country skis and touring skis with a step-in mechanism. The ski binding has two pressure-spring-loaded retention bolts located in the toe region and extending substantially transversely to the running direction and having a rounding at their outer ends. The retention bolts engage in openings of the boot sole or of parts of the latter and can be brought out of the snapped-in position by a releasing mechanism, wherein the rounding of the retention bolt is to lie above that plane which extends through the longitudinal axis of the bolt and in the snapped-in state, parallel to the ski upper side.